

# Resources for Veterans and Military Families Members 2 March 2021

## **Important Dates and Events**

· All Howard County residents who want to register for vaccination are encouraged to <u>complete this survey</u> and provide contact information to the Howard County Health Department.

For more information on Howard County's vaccination distribution plan, eligibility requirements, and questions about the virus or vaccine, please <u>visit this website</u> or call the Howard County Health Department at 410-313-6300. If you require accommodations or assistance, please call the Howard County Health Department at 410-313-6300

- Now Charlotte Hall Veterans Home is now accepting residents
- March 4 Howard County Commission for Veterans and Military Families monthly meeting, 7pm. Open to the public.
   Email veterans@howardcountymd.gov for Webex link.
- March 6 1st Time Homebuyer 6-hour Webinar, 9am-3pm. Register at https://cccsmd3-6fthb.eventbrite.com
- March 10 <u>Project Opportunity Veteran Entrepreneurship Program</u>. Info session Jan 17
- March 11 Statewide Warehouse and Logistics Hiring Fair, 10-11:11:30am. Register at

https://warehouse-logistics-statewide\_virtual-hiring\_event.eventbrite.com
OR In the Maryland Workforce Exchange https://mwejobs.maryland.gov

 March 11: Self-Compassion and Self-Care as Buffers Against the Stress of the Pandemic. Monica Neel, PsyD. Moderator: Hinda Dubin, MD.
 Register for this webinar at this link: https://us02web.zoom.us/webinar/register/WN XkMQkuoGRrysxOcRBQumbw

- March 17 Howard County Behavioral Health Summit Series in Partnership with Aetna Session 5 Growing Your Wellness Toolbox
- March 25: The Stigma for Health Care Workers Seeking Behavioral Health Care.

Crystal Greene, DNP and Megan Buresh, MD. Moderator: Consuelo Green, CPRS. Register for this webinar at this link:

https://us02web.zoom.us/webinar/register/WN bBCFIIjAQOaeWQVheiKprw

- March 25 FMA Industry Day
- March 28 Welcome Home Vietnam Veteran Celebration, 3pm
- March 29 National Vietnam Veterans Day Eat Free at Mission BBQ
- · March 30-31 <u>The Military Family Experience 2021: The Path To</u> <u>Recovery</u> sponsored by Blue Star Families
- March 31 Maryland Womens Veterans Conference, 8am- 4:30pm. To receive registration info: Text MDCOM2VETS or 898-211
- March 31 Gilchrist Welcome Home Vietnam Veterans Celebration,
  3pm. A special video will be shared, honoring Joe Galloway, America's premier war and foreign correspondent and co-author of the national bestseller "We Were Soldiers Once... And Young". Additionally, our program includes Jan Scruggs, founder of the Vietnam Veterans Memorial, active duty military from Fort George G. Meade, patriotic music, and Kimberly Mitchell who shares her story of how an airman falls in love with an orphaned infant during the Vietnam war, brings her back to this country and then she dedicates her life to service of her country and her fellow veterans. Please see her story on the Today

  Show. <a href="https://www.today.com/video/orphaned-in-vietnam-as-a-baby-now-she-helps-other-veterans-73267781902">https://www.today.com/video/orphaned-in-vietnam-as-a-baby-now-she-helps-other-veterans-73267781902</a>.
- April 5 NAMI Connections Virtual Veteran Support Group, 6-7:30pm. Questions or more information, please call 410 772 9300, or email Shambry Ratliff at <a href="mailto:sratliff.namihc@gmail.com">sratliff.namihc@gmail.com</a>

Joining a Veteran Peer Support Group can help you to feel better in any number of ways, such as:

Knowing that others are going through something similar

- Learning tips on how to handle day-to-day challenges
- · Meeting new friends or connecting to others who understand you
- Learning how to talk about things that bother you or how to ask for help
- Now Warrior Canine Connection is in search of Veterans, spouses and family members who are looking for an opportunity to give back. Come help WCC train service dogs that will later be placed with a Veteran who has a disability. Guided by the presence of professional service dog instructors, participants are given the responsibility of exposing our purpose-bred dogs to environments where sights, sounds, and varieties of people will challenge the service dog in training to stay on task.

This volunteer program is unique in that you are directly engaged in the service dog training process. Participants are given the opportunity to practice their own compassion, patience, frustration tolerance, accountability, consistency, social interactions, and team work. Enrollment in the program is voluntary, and commitment will depend on the participant's interest and availability. A Participant's time spent training a dog may only involve a portion of the dog's entire training process, however, it will add to the dog's overall repertoire of skills that are essential for the dog to be placed with a Veteran who has a disability. Please understand that the program does NOT provide participants with their own service dog, but instead allows participants to train a dog for another Veteran in need.

Please reach out to WCC's Veteran Training Program Manager for sign-up and any further questions. Emily McNeal <a href="mailto:emcneal@warriorcanineconnection.org">emcneal@warriorcanineconnection.org</a>270-704-6412

- Thru March 12 <u>Veterans Launching Ventures</u> registration for spring program.
- First Monday of the month Veterans Connection Support Group, 6-7:30pm For more info, Shambry Ratliff, sratliff.namihc@gmail.com
- Every Tuesday Men's Roundtable, 10am-12pm. Join other men for civil discussions on politics, government, finance, health and other topics of interest to seniors. Occasional guest speakers. To register or for more information, <a href="mailto:khull@howardcountymd.gov">khull@howardcountymd.gov</a> or 410-313-7466. howardcounty.gov/aging
- 1st Tuesdays of the month Howard County Library Veteran Book Club. Veterans, both active and retired military, are invited to this online discussion series. During five monthly facilitated sessions, discussions center on military experiences and a unique set of readings, which may include classics, fiction, memoirs, poetry, short stories, articles, and essays. The readings relate in

some way to military experiences or offer a veteran's perspective. 7 - 8:30 pm. Veterans Book Group is coordinated statewide by Maryland Humanities

To register and for more information: <a href="https://live-howardcounty.pantheonsite.io/events/veterans-book-group-2021-online">https://live-howardcounty.pantheonsite.io/events/veterans-book-group-2021-online</a>

- Every Wednesday, 6:30PM EST Mindful Warrior Yoga (FREE for Veterans & Service Members) sponsored by The VA Way thru The Om Collective. NEW CLASS Mindful Warrior Yoga w Hamilton Arjuna Garces, A Marine Veteran with 3 tours.
- 1st & 3rd Thursday of the Month Cohen Clinic Virtual Offerings, 11:30am 12:30pm EST Registration Required: <a href="http://bit.ly/CohenOfficeHours">http://bit.ly/CohenOfficeHours</a>
  Participants will receive an email with Zoom instructions after registering through Eventbrite. We encourage you to connect with us during Cohen Clinic Office Hours to learn more about our clinic services including outreach and case management. This is an opportunity for the entire community, potential and existing clients, and community partners to meet with us, and discuss: Information about our specific programs and services and sharing your ideas with us and letting us know how we can help you or your organization.
- · Every Thursday <u>Fort Meade Facebook Town Hall</u>, 5:30pm. Education Town Hall
- Last Thursday of the month Veteran Career Club, 11am-12pm. Email anthony.butlersr@maryland.gov for more information
- **Every Thursday Meditate with Delphi** every Thursday, 8:30am. Free. Password: meditate
- Two Fridays a Month Veteran Legal Support. Meet with an attorney to discuss discharge upgrade matters, family law, consumer law, landlord/tenant law, employment law, benefits claims & more. <a href="www.vetsprobono.org">www.vetsprobono.org</a>. To make an appointment, call (202) 733-3317. Serving DC, MD & VA residents. Speak virtually with an attorney for free.
- Every Day <u>Veterans Yoga Project Livestreaming classes</u>
- · Financial Wellness Webinar Series

CCCSMD offers a series of unique and meaningful FREE web-based financial literacy workshops directed towards increasing the economic strength of communities and individuals. *Registration is required*. To register, click the date and time you wish to attendor copy the URL to your web browser. We invite you to join one or all our event, all times below are EST.Contact us for registration assistance: <a href="https://www.cccsmd.orgor.com/www.cccsmd

## **♦**Introduction to Homeownership

Tue 3/2 @ 12:00 PM – <a href="https://cccsmd3-2introtoho.eventbrite.com">https://cccsmd3-2introtoho.eventbrite.com</a>
Thu 3/2 @ 7:00 PM – <a href="https://cccsmd03-02introtoho.eventbrite.com">https://cccsmd03-02introtoho.eventbrite.com</a>
Participants are introduced to the decision to buy or not buy; financial readiness; the importance of the credit report and score; introduction to loan options and lender guidelines; available resources. Duration: 1 hour

## Introduction to Renting

Mon 3/8 @ 7:00 PM – <a href="https://cccsmd3-8introtore.eventbrite.com">https://cccsmd3-8introtore.eventbrite.com</a>
Wed 3/17 @ 12:00 PM – <a href="https://cccsmd3-17introtore.eventbrite.com">https://cccsmd3-17introtore.eventbrite.com</a>
Participants learn about the process of renting and how to best prepare to become a renter, the importance of credit, effective communication tips to use with landlords and what your rights are under Fair Housing laws. Duration: 1 hour

#### **♦** Rental Eviction Prevention

Tue 3/9 @ 7:00 PM – <a href="https://cccsmd3-9rep.eventbrite.com">https://cccsmd3-9rep.eventbrite.com</a>

Mon 3/22 @ 7:00 PM – <a href="https://cccsmd3-22rep.eventbrite.com">https://cccsmd3-22rep.eventbrite.com</a>

Participants learn about the eviction process & causes, different types of eviction notices, impacts & ways to prevent eviction, discrimination & fair housing. Duration: 1 hour

## Credit and Credit Reporting

Mon 3/1 @ 7:00 PM – <a href="https://cccsmd3-1credit.eventbrite.com">https://cccsmd3-1credit.eventbrite.com</a>
Mon 3/15 @ 7:00 PM – <a href="https://cccsmd3-25credit.eventbrite.com">https://cccsmd3-25credit.eventbrite.com</a>
Participants are introduced to the importance of the credit report and how to understand and read the credit report; how a healthy credit report is important in finding and maintaining affordable housing. Duration: 1 hour

## Building Wealth Through Checking and Savings

Wed 3/10 @ 7:00 PM – <a href="https://cccsmd3-10buildingwealth.eventbrite.com">https://cccsmd3-10buildingwealth.eventbrite.com</a>
Tue 3/16 @ 7:00 PM – <a href="https://cccsmd3-16buildingwealth.eventbrite.com">https://cccsmd3-16buildingwealth.eventbrite.com</a>
Participants are introduced to reverse budgeting; the importance of finding the right checking and savings account for you; tips to help you get started today in working towards your savings goals. Duration: 1 hour

Making Cents of Your Money - Budgeting

Wed 3/3 @ 7:00 PM - <a href="https://cccsmd3-3budget.eventbrite.com">https://cccsmd3-3budget.eventbrite.com</a> Thu 3/4 @ 12:00 PM - <a href="https://cccsmd3-4budget.eventbrite.com">https://cccsmd3-4budget.eventbrite.com</a> Participants learn the importance of tracking expenses; making spending adjustments; the difference between needs and wants; recognizing that a sound budget is important to overall financial wellbeing. Duration: 1 hour

## Managing Finances in Uncertain Times

Thu 3/4 @ 7:00 PM – <a href="https://cccsmd3-4managingfinances.eventbrite.com">https://cccsmd3-4managingfinances.eventbrite.com</a>

Participants learn how to handle their finances in unstable times, the importance of counseling, the impacts of financial hardships, crisis budgeting, relevant stats, debt relief options and more. Duration: 1 hour

## Scams & Identity Theft

## Thu 3/11 @ 7:00 PM - https://cccsmd3-11scams.eventbrite.com

Participants learn to become more aware of current scams, how to protect against identity theft, how a victim can recover and how scams impact financial and housing stability. Duration: 1 hour

Saratoga War Horse equine assist program takes place during 3-day classes, offered several times each month. The average class size is 5 participants. The program is available to veterans and active duty service members from all branches of the military, regardless of when or for how long they served. The focus of this program is on helping participants get past the physiological symptoms of their Post-Traumatic Stress, or other trauma related issues. Saratoga WarHorse doesn't provide traditional "therapy," but does offer an undoubtedly therapeutic experience. There is NO cost for veterans or active duty service members to attend the Saratoga WarHorse program. We pay 100% of lodging, meal, and program expenses.

We have several classes scheduled this calendar year at the Baltimore County Agricultural Center, 1114 Shawan Rd. Cockeysville, MD 21030.

March - 5,6,7 / 16,17,18 / 26,27,28

April – 6,7,8 / 23,24,25

May - 4,5,6 / 14,15,16 / 21,22,23

June – 8,9,10 / 18,19,20 / 25,26,27

July - 6,7,8 / 16,17,18 / 23,24,25

August - 3,4,5 / 13,14,15 / 27,28,29

September – 7,8,9 / 17,18,19 / 24,25,26

October - 5,6,7 / 15,16,17 / 22,23,24

November - 2,3,4 / 12,13,14 / 19,20,21

December - (Nov 30),1,2 / 10,11,12

Those interested in finding out more about the program or attending a class may contact our Outreach Manger, Jason Marshall <a href="mailto:jason@saratogawarhorse.org">jason@saratogawarhorse.org</a> 518-531-3219 to register.

## **NAMI Howard County Virtual Support**

NAMI Peer-to-Peer Education Class, a 8-session course for adults living with mental health challenges. NAMI Peer-to-Peer provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope. This online (ZOOM) program starting Wednesday, March 3rd through April 21st, from 6:30pm-8:30pm. Please email Shambry Ratliff at <a href="mailto:sratliff.namihc@gmail.com">sratliff.namihc@gmail.com</a> to register!

Family to Family Education Class, a 8-session educational program for family, significant others and friends of people with mental health condition. This class is Virtual (Zoom) from 7-9:30 pm starting Tuesday, March 9th through April 27th. Please email Michele Keumeni at <a href="mailto:mkeumeni.namihc@gmail.com">mkeumeni.namihc@gmail.com</a> to register!

**NAMI Basics is a free**, 6-session program available on Demand that is designed for parents/caregivers of children and adolescents with emotional and behavioral difficulties prior to age 18. NAMI Basics helps parents and caregivers understand the illnesses that are causing the behavioral difficulties, and the critical role families play in the treatment of those illnesses. REGISTER for Basics on Demand https://www.nami.org/Videos/NAMI-Basics-OnDemand

## **Support Groups**

**Thursdays**, **7:30-9pm** (Third Thursday of the Month)

NAMI Parent Support Group -Transition Age Youth for parents/caregivers of Transition Age Youth (TAY) Register here

Fridays, 7:30-9pm (Third Friday of the Month)

NAMI Family Support Group for family members of individuals w/ mental illness. Register here

2<sup>nd</sup> and 4<sup>th</sup> Mondays, 6:30-8pm

NAMI Connection Support Group for adults living with mental illness. Register here

### **NAMI Walks Your Way Maryland Virtual Fundraiser** – now thru May

#### Resources

- Course for Change for Military Spouses Is your service member three to five years away from separation of service? Then a Course for CHANGE was designed for you the "SPOUSE". This series of workshops will provide a Course for CHANGE -a detailed road map designed to support, educate and empower you during this transition. Join us as we provide you the focus and support needed for the transition as you consider your dreams, educational goals, or career path either in a job or as an entrepreneur. May 2
- Situation Update VA Maryland Health Care System

- · **Proper Flag Disposal** If you have a tatter or torn flag, there is a big red container at the Alpha Ridge Landfill. Flags are picked up quarterly and retired properly at a flag retirement ceremony help by local Boys Scouts and veteran service organizations. There is also an old mailbox on the front porch of the Ellicott City VFW Post 7472 where you can leave your flags
- Maryland Health Care System COVID-19 Information for Patients
- Military Advantage blog
- Fire Arm Safety in Times of Community Stress (Suicide Prevention)
- Warrior Canine Connection Research Study -

Are you a Military Veteran with PTSD? Are you interested in training a service dog for a fellow Veteran Study takes place in Boyds, Maryland For more information contact Deb <u>Taberdtaber@umaryland.edu</u> 410-706-4233 or 410-706-0659. Participants will be compensated for their time.

Alcohol Addiction Support

EveryMind Hotline specialists are available by phone, text, and chat and operate your local National Suicide Prevention Lifeline. The community can also look to EveryMind's dedicated staff of mental health professionals for counseling services.

ServingTogether Veteran Peer Navigator: 1.855.738.7176

24/7 Hotline Call or Text: 301.738.2255.

Chat: www.everv-mind.org/chat/

https://suicidepreventionlifeline.org/chat/

- Military/Veteran Crisis line: 800-273-8255
- <u>V-START Institute for Veterans and Military Families (syracuse.edu)</u> Veterans Strategic Analysis & Research Tool
- Headspace Meditation and Mindfulness app free to Blue Star Families
- Gilchrist Hospice Services
- Homeownership Services
- How to Access the VA Podcast Network
- S.785 Commander John Scott Hannon Veterans Mental Health Care Improvement Act of 2019

## The Surgeon General's Call to Action TO IMPLEMENT THE NATIONAL STRATEGY FOR SUICIDE PREVENTION

# Columbia Mall Stores with Military/Veteran Discounts – Ask first in the event there are changes

#### **Store Name**

## Military/Vets

Aerie/American Eagle

10% off

Aeropostale

10% off

**AMC Theatres** 

Only after 4pm \$10.74 movie tickets- must show ID

Apple

See store for details.

Artisan's Fine Jewelry

5% off

As Seen On TV

15% off

AT&T

25% off unlimited and more service plans \$15 for life off of DirecTV service

Athleta

10% off the sale

Banana Republic

15% off

Bibibop

10% off must show military ID

Box Lunch

10% off

Build-A-Bear Workshop

10% off

Capitol Luggage & Leather

10% off

Cellairis

Different types of discounts (not a set rate)

**Champs Sports** 

20% off must be verified w/sheer ID and military ID present

Charley's Grilled Subs

10% off, excludes specials

The Children's Place

10% off

Cigare

No tax

CJ Watch & Jewelry

10% off

Claire's

20% off with ID

Color Hairmasters

10% off

Cyberion

20% off on acessories, 10% off any electronic repairs

Disney Store

10% off, must show military ID

Express

15% off, must show military ID

**Fabletics** 

15% off

Finish Line

20% off for active duty

Footaction

20% off with ID

Francesca's

10% off

Grilled Cheese & Co.

10% off

H&M

15% off ONLY for 4th of July season

Hallmark

10% off

Healthy Island Smoothie

\$.50 off any size drink

Helzberg Diamonds

10% off, must show military ID

Hollister Co.

10% off

Hot Topic

10% off, must show military ID

House of Hoops

20% off

Icing Ice

20% off

Jamba Juice

10% off

Journeys

10% off

Kay Jewelers

10% off only on full-priced items

Kids Foot Locker

20% off

Lolli & Pops

10% off

Lovesac

5% off

lululemon athletica

15% off

Maggiano's Little Italy

25% off

Monica Jewelry

10% off excludes sale items

Natural Relaxation Center

10% off

Noodles & Company

15% off

PacSun

10% off

Panda Express

10% off

Pandora

Only on special occasions- Veterans Day, Memorial & July 4th

Pearle Vision

15% off Call 6/27 for more details from Rick (manager)

Piercing Pagoda

10% off- must show ID

Seasons 52

10% off

The Silver Heron

10% off for Active members with validating identification. (Not valid of sale items)

Skechers

10% off

Sleep Number

Discount varies - given twice per year for Military Appreciation months of May & Nov.

Spencer's

10% off- must show ID

Starbucks

Free brewed coffee & tea for people in uniform

sunglass hut

15% off

Sunglass Hut #5088

15% off military discount

T-Mobile

50% off military family plans, service, constant accessory deals

Torrid

10% off

Uncle Julio's

25% off

Vans

10% off must have proper ID

Vera Bradley

10% off entire purchase

The Walking Company

15% off- must show ID

Walrus Oyster & Ale House

10% off

William Sonoma

15% off and 10% off on electric

Wockenfuss Candies

10% off must show military ID

Yankee Candle

10% off

Zales Jewelers

See store for details.

## **Newsletters, Articles and other Information**

VA news – Feb 12 (Lots of great information)

- Maryland Dept of Veteran Affairs Newsletter March
- Parenting Pages March newsletter for parents
- Maryland Department of Aging Medical Reuse Program DME.MDOA@maryland.gov or call 240-230-8000
- · State-wide **Loan Closet Directory** of organizations providing services in other counties
- Maryland Assistive Technology Reuse Group Facebook page provides an opportunity to list items you are looking to sell, give away or receive.
- Those Who Served: America's Veterans From World War II to the War on Terror (census.gov) It was published June 2020 based on the 2018 American Community Survey.
- Local Health Improvement Coalition Resources and Classes
- VFW Newsletter
- American Legion Post 300 Newsletter
- Caregiver Support during COVID-19
- 50+ Connection news and resources for our 50+ residents
- Military Veteran Caregiver Network
- Program of Comprehensive Assistance for Family Caregivers (PCAFC) has expanded
- The Therapeutic and Riding Center is now participating in the PATH International Wounded Warrior Scholarship Program. Veterans are able to participate in 1 hour equine-assisted activities and therapy at no charge. Additionally, they can participate in group sessions with other veterans or their families.

## **Employment Opportunities**

**TALMAR** is pleased to be working in partnership with the Veterans Administration in the VA Farms pilot program. The program trains veterans in small scale sustainable agriculture, preparing graduates for careers in agriculture or to start their own farms. Both classroom and practical hands-on experience continue throughout the seasons.

TALMAR Farm In Partnership with VAMHCS VA Farms Program

15-week Introduction to Sustainable Agriculture Course offered beginning in April 2021

In this hands-on course you will learn the basics of sustainable agriculture on a working therapeutic farm. We will cover all aspects of agricultural production from best practices to planning, planting, care, harvest, and sale of organically grown crops.

10-week Focused Vocational Course offered beginning July 2021

This class invites previous successful participants to dive in deep to learn the skills required to gain employment in the industry or start your own business.

Proposed training is subject to change pending resources and final approval.

For additional information contact:

programs@talmar.org / 410-825-2020

## Alpha Ridge Landfill Employment Opportunities - Howard County Govt

## **Veteran Employment Resource Center** | <a href="https://rmvets.com/2020vetresources">https://rmvets.com/2020vetresources</a>

- Resume-writing tutorials & guidelines specific for military members and veterans
- How-to / Instructional videos
- Interviewing techniques and best practices guidance

## Military Spouse Resource Center | <a href="https://rmvets.com/2020spouseresources">https://rmvets.com/2020spouseresources</a>

- Resume-writing tutorials & guidelines specific for military spouses
- How-to / Instructional videos
- Interviewing techniques & guidance

## Search & Employ Magazine | https://rmvets.com/2020searchandemploy

• Digital bi-monthly military and military spouse employment focused publication

### Community College of Baltimore County (CCBC) free Offerings:

100% Funding Available through Governor's Emergency Education Relief (GEER)

For Select Programs:

Administrative Professional

Certified Apartment Maintenance Technician

Child Care Professional

Forklift Operator

Home Inspector Pre-License

HVAC/Refrigeration Technician

Pharmacy Technician

Real Estate Salesperson

Eliaibility:

United States Citizen

Employment Affected by COVID-19

Maryland Residency

Limited spaces available! For eligibility and registration information, call 443-840-4700 or chat at **ccbcmd.edu/coned** 

### Other Job Opportunities:

Gregory Ingram, Disabled Veterans Outreach Program (DVOP) Specialist Division of Workforce Development and Adult Learning Maryland Department of Labor 2 South Bond Street, Suite 204 Bel Air, MD 21014 gregory.ingram@maryland.gov (410) 836-4630 (O) (443) 699-3659 (M) Website | Facebook | Twitter

Roslyn Jones, Regional Veteran Employment Manager
Division of Workforce Development and Adult Learning
Maryland Department of Labor
3637 Offutt Road
Randallstown, MD 21133
roslyn.jones@maryland.gov
410-887-0377 (O)
443-462-7867 (C)
Website | Facebook | Twitter

Max Outreach - OutreachCoordinator@maximus.com or by phone at 1-800-274-8582 ext 185

Howard County Workforce Development, Orion Jones at <a href="mailto:ojones@dllr.state.md.us">ojones@dllr.state.md.us</a>